

The background is a Romantic-style landscape painting. It depicts a lush green forest clearing with a path leading to a small white house. In the foreground, there are large rocks and a fallen log. A lake is visible in the middle ground, with several cows grazing on the grassy bank. The sky is a soft, hazy blue with light clouds.

Attachment Network Of Connecticut (ANCT) presents  
No One Eats Alone lunchtime series

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***Witness and Wonder:  
Resourcing the self for enhanced  
relationships and well-being***

Presented by  
Susan Averno, PhD

March 9, 2022 from 12-1:30 pm  
Please Join Us!

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# About this Event

A secure attachment begins with a regulated adult. How can we, as educators, parents, clinicians, and mentors, resource ourselves to be a steady, present, secure base in our relationships? Dr. Averna provides guiding principles and practices to become more self-aware, self-reflective and self-compassionate. Through the practice of compassionate self-inquiry, we reduce reactivity and burnout, build resilience, and enhance well-being. When we resource the self and prioritize well-being, all relationships benefit. This webinar will be experiential. We will practice together, reflect, and come away with a set of principles and skills to resource the self and deepen relationships.



## Event Details:

Wednesday, March 9, 2022

12 - 1:30 pm, Zoom event\*



To Register for the event, which will be held on Zoom please follow this link:

[https://us06web.zoom.us/meeting/register/tZYlf-qppDwuHtdWMUI\\_mwBwzSUSTBZsPLmU](https://us06web.zoom.us/meeting/register/tZYlf-qppDwuHtdWMUI_mwBwzSUSTBZsPLmU)

After registering, you will receive a confirmation email containing information about joining the meeting.

## About the Presenter



Trained in developmental, educational, and counseling psychology, Dr. Averno has worked as a school counselor, college professor, and school mental health consultant. Through her business, Witness and Wonder®, she facilitates personal and professional development trainings for educators, college students, parents, clinicians, and athletic coaches translating ancient wisdom and neuroscience into practical strategies for well-being. Most importantly, she walks the walk in her relationships as a mother, partner, educator, and athletic coach.

Her book *Witness and Wonder: Resourcing the Educator*. can be found at

[https://www.amazon.com/Witness-Wonder-Susan-Averno-PhD/dp/1737702304/ref=sr\\_1\\_1?crid=24ACQN6XV47EU&keywords=susan+averno&qid=1645756051&srefix=susan+averno%2Caps%2C88&sr=8-1](https://www.amazon.com/Witness-Wonder-Susan-Averno-PhD/dp/1737702304/ref=sr_1_1?crid=24ACQN6XV47EU&keywords=susan+averno&qid=1645756051&srefix=susan+averno%2Caps%2C88&sr=8-1)



\*Please note that this session is longer than previous NOEA programs to allow for experiential work and sharing. If you need to leave at 1:00 due to scheduling/lunch hour, this is not a problem and there will be a break that accommodates any participants who need to stop early. We invite you to attend for the time you are able to. Also, you may want to have some paper or note-taking device for this event to allow for writing reflections about some of the practices.

*Artwork Credit:* Pastoral Landscape

Artist: Asher Brown Durand

Date: 1861

National Gallery of Art